

Impaired nutritional status in stroke patients

Stroke is the second leading cause of death worldwide and a leading cause of adult disability1.

Recovery is the ultimate goal and early and intense rehabilitation is key to restore as much independence as possible by improving physical and cognitive functions.

How does malnutrition



dysphagia is present in >50% of stroke patients²

Post-stroke



impact recovery?

• Risk of poor functional prognosis

Risk of mortality

- Risk of cognitive impairment
- Rates of pressure injury, UTI,
- chest infection and GI bleed Hospital stay, readmissions and

healthcare costs



continuum of stroke care

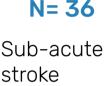
present across the

Malnutrition is frequently

their nutritional status to identify and take action to prevent nutritional deterioration. Prevalence of malnutrition in

Study population Assessment

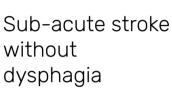
stroke patients: Observational Study⁴



with dysphagia

% of patients at risk of

* These groups were also compared to age and sex-matched healthy reference subjects



test, MNA-SF test)

 Blood concentration of nutritional compounds

 Malnutrition (Mini Nutritional Assessment-Short Form

- Activities of daily living
- Stroke

Stroke

QoL

with dysphagia

*Assessed with MNA-SF

Outcomes

More findings

malnutrition or malnourished'

without dysphagia



Sub-acute stroke patients showed lower blood

What can be done to manage

nutrient levels (e.g.: Vitamins, minerals & fatty acids)

compared to healthy reference subjects

screening in all acute stroke patients

the situation?



ESPEN⁵ and ESSD-ESO⁶ recommend: Early malnutrition and dysphagia

nutrient intake insufficient

Oral feeding

not possible or

Adequate nutritional management

Oral feeding possible but inhibited due to dysphagia



Interdisciplinary medical team

collaboration for dietary and

Thickening agents for food and fluids

Enteral tube

feeding

Oral nutritional

supplements

(thickened)

nutritional management

ESO-ESSD Guidelines

for dysphagia in stroke



More information Check out the Check out the ESPEN

PMID: 34986727.

2018; 37:354-396.

Click here to view

Sheet 2022. Int J Stroke. 2022 Jan;17(1):18-29. doi:

guidelines for clinical

nutrition in neurology

Click here to view

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- post-stroke dysphagia. Eur Stroke J. 2021 Sep;6(3):LXXXIX-CXV. doi: 10.1177/23969873211039721. Epub 2021 Oct 13. PMID: 34746431; PMCID: PMC8564153. 3. Huppertz V. et al. Impaired Nutritional Condition After Stroke From the Hyperacute to the Chronic Phase: A Systematic Review and Meta-Analysis. Front Neurol. 2022

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5. Burgos R. et al. ESPEN guideline clinical nutrition in neurology. Clin Nutr.

4. Van Wijk N. et al. Evident lower blood levels of multiple nutritional

6. Dziewas R. et al. European Stroke Organisation and European Society for Swallowing Disorders guideline for the diagnosis and treatment of post-stroke dysphagia. Eur Stroke J. 2021: LXXXIX-CXV.

